

Basketball.



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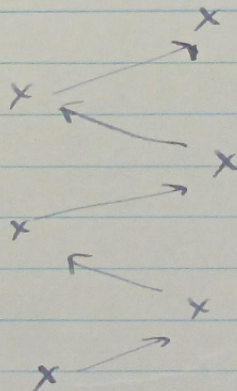
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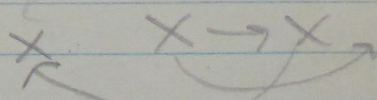
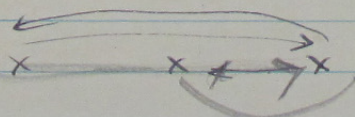
Three man attack.

Pass and cut to the basket.

Attack up the sides of the court.



Run away from the centre of floor
on the pass to the centre of floor.
Pivot and pass.



Pass & run behind - pass repeat.

Basketball

Synopsis of game

- 1) Involves "running", "catching", "passing", "pivoting", "shooting".
- 2) Game started by a "centre toss" an unguarded centre throw from centre circle.
- 3) Object of game is to pass the ball by the same team to the forwards, who shoot for goal. Team without ball is on the defense + attempt to regain ball.
- 4) Individual techniques are "pivoting", "pivoting", "bouncing", "pivoting". Team techniques lie in formations.
- 5) Ball out-of-bounds means opposing team awarded a throw at place ball went out.
- 6) Violation - opponent awarded ball for an out-of-bounds play.

Technical foul - infringement of rules concerning the player and the ball.

Personal foul - infringement of rules concerning personal contact.

N.B. - Blocking (personal) does not involve personal contact.

Scoring.

Goal scored when ball enters basket from above, when played by a person within bounds. Field goal - 2 points.

Free-throw - 1 point.

Free throw awarded for personal + technical fouls by opponent - unguarded.

Individual Technique.

A. Catching.

- 1) Eyes on ball, until it is caught.
- 2) - Hands parallel.
 - Arms, hands, fingers relaxed, thumbs spread, palms cupped.
 - Elbows slightly bent, held low.
 - Fingers upward for ball above the wrist, reverse for ball below the wrist.
- 3) Ball is caught + controlled if hands catch ball on the sides, fingers spread towards the top, + fingers + thumbs spread out.
- 4) Ball gripped at moment of contact, but arms allow give.
- 5) Catches should be clean out.
Depends on speed of throw.

B. Passing

Underhand Passes

One-hand Underhand - short + swift.

- 1) Made from high or farther back.
 - Neck slightly turned to right,
 - Knees slightly bent.
 - Palm of hand facing direction of throw.
- 2) Ball released with certain wrist snap.
- 3) Follow through with change of weight to leading foot.

Two-hand Underhand.

- 1) Made from high, ball close to body.
 - Neck slightly turned to right.
 - Knees slightly bent.
 - Elbows bent & close to body.
- 2) On pass:
 - Elbows & wrists extended, fingers giving slight upward rotation.
- 3) Follow through, weight changed to leading foot.

Used after receiving bounce pass, doing a rear pivot or after recovery from a fumble.

One-hand Shoulder Pass.

One-hand Shoulder (Shot-Put) Pass.

- 1) Ball rests in cupped hand.
Fingers spread apart, pointing back + up behind ball.
- 2) Ball held behind + above shoulder.
 - Body slightly turned to right
 - Knees slightly bent, left foot leads
 - Elbow bent & drawn well back.
- 3) Movement starts in shoulder joint, follow through is extension of forearm, wrist & fingers.
- 4) On delivery, weight shifts to left foot. Shift of weight gives the power to pass.

Look for long & short passes, is full of power is delivered shoulder high.

Two-hand Shoulder Pass.

- 1) Ball held in 2 hands, fingers up, thumb below ball & towards body. Elbows fully flexed, right one close to body.
- 2) Ball held close, shoulder high. Body turned right, right knee flexed.
- 3) Ball delivered by elbow extension and wrist snap.
Followed through with change of weight to left foot.

This pass offers more control of ball, used by forwards to advantage.

● Used between two players abreast.

Bounce Pass

- 1) Made by 1 or 2 hands pushing ball diagonally forward to floor, to rebound accurately.
- 2) On short passes, ball delivered at 45° angle. Ball bounces at same angle. Longer pass - greater angle.
- 3) Delivered with speed, wrist must high.

Used 1) from out-of-bounds after pointing a high pass.

- 2) From fumble, or group of people.

C. Shooting

Underhand Loop Shot

- 1) Feet apart, knees flexed. Ball held in both hands, below wrist, arms hanging free, elbows flexed.
- 2) Ball delivered by arms swinging forward and up, hands far in front of face. On delivery, on extension of wrists and fingers, ball rotates against backboard & into basket. At throw finish, body fully extended weight forward on toes.

Used 1) from free-throw line.

- 2) by a quick forward.

But underhand look shot "easily" guarded.
2) difficult on the run 3) wastes time in execution.

Overhand (Chest) Pass.

- 1) Weight forward on balls of feet, one foot in advance, knees flexed.
- 2) Ball in front of chest, on palms.

N.B. Elbows bent & close to sides.

Hands, wrists, forearms in straight line.

- 3) Delivery made by drawing ball into chest, then forward & up by full extension of arms. Ball leaves hands in front and above eyes - shoulders relaxed.

- 4) Ball should make a high arch & fall perpendicularly through basket. Use backboard only when shooting from sides.

Good medium & long shot & hard to guard.

Used 1) from free-throw line.

One-hand Push (English) Shot.

- 1) Ball held in fingers on right hand at shoulder or head height, palm facing player's face. Arm flexed, elbow to front & side.
- 2) Ball delivered from jump height by full extension of arm above head & push of hand up and down over ball.

● Double Overhead Pass -

- 1) Ball held in 2 hands over head, fingers up, thumbs back, palms facing. Elbows and knees flexed, then extended on delivery of ball.
- 2) Delivery made by forward movement of forearms and wrist flick. Step forward gives free.
- 3) Used after catch above head.

Used by tall players.

- 1) Pass in from out-of-bounds.

● Single Overarm (Hook) Pass -

- 1) Ball held in right hand, resting on wrist, fingers spread, waist high. Body turned to right.
- 2) Ball carried behind right shoulder, arm straight, weight back, right knee flexed. Delivery made by sweep over head and final snap of wrist & fingers, ball rolling off fingers. Arm followed through in an arch.

Pass fast, accurate, difficult to guard.

Used by passer passing away from direction of throw.

- 2) Recovering ball on the rebound.

Chest Pass

- 1) Arms bent to sides, elbows close to body, ball held in 2 hands in front of chest.
- 2) Delivery made by extension of arms forward and upward for an arched pass.

Used after semi-circular movement to the body from waist height.

Sidarm Pass

- 1) Ball held in 2 hands in front of body, elbows flexed.
- 2) Delivery made by flexion action followed by wrist & finger snap. Pass laterally or backward right, has right hand on top of ball, left hand underneath.

Used 1) when passing to the side.
2) if teammate runs diagonally forward or backward.

Shove or Push Pass

- 1) Combination of pass and catch. Ball not caught, but pushed on its course.
- 2) Palms face coming ball. Chest high, elbows flexed. On contact with ball, arms are straightened, wrists snapped, & ball pushed. Heels of hand direct ball.
- 3) Pass should be short & speedy.

- 3) Shot made close from side of basket. ... banked.

Used following a bounce, when crossing front of basket with a jump & turn in the air.

Bank shot.

Used for close shooting, when player travels away from basket towards side line. Right hand towards right, left towards left.

- Used 1) with a bounce away from group under basket & shoot when clear.
2) when closely guarded & close to basket.

Difficult to guard.

Two-hand Shoulder Shot.

Used when travelling away from basket to side - no time to jump.

- 1) Weight on right foot, body turned to right, face to basket. Ball held in two hands over right shoulder, elbows flexed.
- 2) Delivery made by extending forearm diagonally up & across face, step to side with left foot moving away from basket. Shot arched & to the side & above basket.

Used - by skilled players.



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